

<b>Materials</b>	Paper, different colours of markers (at least 4 colours)
<b>Learning Outcome</b>	Review the categories of food in Canada's Food Guide and create a menu using a variety of healthy foods.

## Description

Discuss with the child what they know about different categories of food. Visit [Canada's Food Guide](#) and look at the snapshot of the plate to review the three categories of food: Vegetables and Fruits, Protein Foods, and Whole Grain Foods.

Look at the picture of the plate and have the child identify the foods found on the plate that they enjoy eating. Invite the child to identify foods that they enjoy that are NOT found in the picture and ask them to place the foods they have listed in the correct category.

Challenge the child to create a menu for themselves for breakfast and lunch for 3-4 days. Use foods that are available at home.

Encourage the child to colour code their menu by choosing a different marker colour for each food category (e.g., red for Vegetables and Fruits, blue for Protein Foods, green for Whole Grain Foods, and purple for Other Foods that are not part of the three categories).

Support the child to brainstorm foods for their menu and remind them to consider a variety of foods from the three categories. For the Other Foods category, talk about ways to reduce these foods.

Post the menu and invite the child to choose a meal from the menu at breakfast or lunch for the next number of days.

## Healthy Eating Competencies



### THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



### FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



## Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *Did you find it easy or difficult to create a menu that uses foods from all three food categories? Why or why not?*
- *Was it easier to decide what to eat when you had already had your options listed on the menu? Why or why not?*